

TOBACCO CESSATION RESOURCES

Algoma Public Health
(705) 942-4646
Individual and Group Counselling

**Heart and Stroke Foundation
of Ontario**
(705) 253-3775

**Canadian Mental Health
Association**
(705) 759-0458 ext. 222
Smokebusters Program

**Canadian Cancer Society
Smokers' Helpline**
1-877-513-5333

Internet Resources

www.stopsmokingforsafersurgery.ca
www.canadian-health-network.ca
www.cancer.ca/smokershelpline
www.leavethepackbehind.org
www.gosmokefree.ca
www.quit4life.com
www.pregnets.org



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SAULT STE. MARIE, ON
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705-942-4646
www.algomapublichealth.com

Smoking and the Healing Process



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DID YOU KNOW?

Smokers take longer to heal after having surgery than nonsmokers do. Smoking causes several different changes in the body that interfere with healing.

- ✓ Smoking impairs wound healing and is linked with higher wound infection rates and other complications after surgery. ¹
- ✓ Smoking can lengthen recovery time from an orthopaedic trauma and is often associated with higher rates of developing osteomyelitis, a type of bone infection. ²

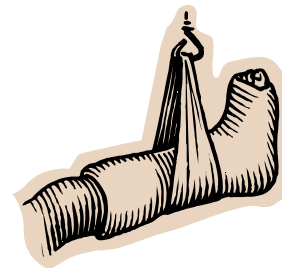
Remember the 4 D's!

If you are experiencing cravings, try the 4 D's: Delay, Distract, Deep Breathing, Drink Water.



1. British Columbia Cancer Agency. (2006). Post-operative complications of pre-operative smoking.
2. Castillo, B., Bosse, M., MacKenzie, E. & Patterson, B. (2005). Impact of smoking on fracture healing and risk of complications in limb-threatening open tibia fractures. *Journal of Orthopaedic Trauma*, 19(3).

- ✓ Smoking cigarettes increases the risk of developing an exercise-related injury. ³
- ✓ Smoking increases the concentration of carbon monoxide and reduces the amount of oxygen that can be carried by red blood cells in the blood stream, making it difficult for damaged tissues to get the nutrients and oxygen they need to heal. ⁴
- ✓ Stopping smoking at least 8 weeks before surgery can greatly reduce the risk of post-surgical complications. ⁵



3. Centres for Disease Control and Prevention. (2000). Exercise-related injuries among women: Strategies for prevention from civilian and military studies.
4. BC Health Guide. (2007). Cigarette smoking and coronary artery disease. Retrieved from <http://www.bchealthguide.org/kbase/frame/hw796/hw79682/frame.htm>
5. Cancer Prevention Institute of Canada. (2007). Smoking and post-surgical complications.

- ✓ Smokers are at a greater risk for complications during and after anaesthesia. ⁶
- ✓ The nicotine in cigarettes constricts the blood vessels and impairs the flow of blood to the healing bone. ⁷
- ✓ The moment you stop smoking, your body begins to heal itself. Regardless of gender, age or health status, all smokers will feel a difference. ⁸

Quitting smoking now will greatly increase your odds for a quicker and less complicated recovery.

6. Smoking and cardiovascular disease. (2006). http://www.quitsa.org.au/cms_resources/documents/infosheet_cardiovascular_disease.pdf
7. Action on Smoking and Health. (2001). Smoking causes havoc on bones and muscles. Retrieved from <http://no-smoking.org/march01/03-06-01-1.html>
8. Canadian Health Network. (2005). After I stop smoking, how soon will my body begin to heal?